



What part of your life needs some loving attention? What is begging to be renewed...is it your work...or maybe your health...or perhaps your relationships or even your spirit?

I invite you to join me on a day-long retreat (or several!) to explore your own ways of loving yourself so kindly and deliciously that you can hear your authentic voice.

During these retreats, you will

- Listen to your heart's desires through journaling, crafting and conversing
- Pause from the busyness of every day life (and To Do's!)
- Learn where you truly want to put your energies
- Experience new tools to unwind and reconnect with yourself
- Practice releasing old tensions from your body in nourishing, comfortable ways
- Use creative, intuitive ways to illuminate what you need most
- Create a vision for authentic-bold-yet-gentle living and brainstorm ways to bring it to life
- Enjoy yummy snacks and lunch prepared for you while you enjoy retreat activities (and, it's all included in the retreat price!)
- Feel connected and supported in the community of other inspiring women

For more information, please visit www.renewtheretreats.wordpress.com.

Dates: May 30, July 18, September 26, November 14

10am-5pm EST

The Cottage Bed & Breakfast, Danville, Kentucky

Special Offer! The first 25 women to register for any of the retreats will be entered to win three free months of life coaching! Register today—the drawing will be announced on May 15th in honor of Mother's Day week!